

HEALTHY EATING FOR YOUR 3 – 5 YEAR OLD

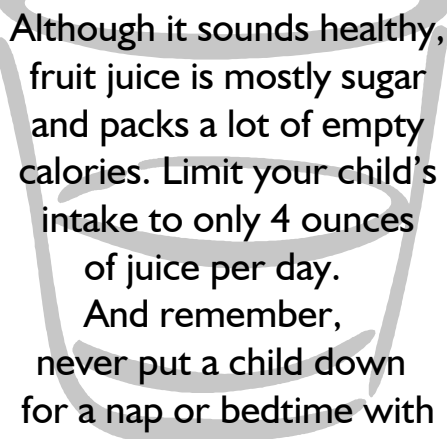
Smart Choices

- Make it a family affair — switch the entire family to low-fat milk.
- Let your child decide how much to eat. One portion equals the size of the palm of your child's hand.
- Disband the clean your plate club! Serve smaller portions and let your child ask for more.
- Offer choices. You decide what to serve at mealtime. Let your children decide what to have for snacks — from among the healthy snacks you have purchased for them, of course.

Healthy Activities

- Enroll your child in organized sports or classes, such as ballet, soccer or martial arts.
- Do active things together as a family — walk, bike ride, play in the park or swim.

Limit the Juice!



Although it sounds healthy, fruit juice is mostly sugar and packs a lot of empty calories. Limit your child's intake to only 4 ounces of juice per day. And remember, never put a child down for a nap or bedtime with a bottle of juice.

Planning For Success

- Provide healthy choices at mealtimes, then let your child decide what to eat and how much of it. Keep mealtimes pleasant and peaceful!
- When making changes, keep them simple and incorporate them into your daily routine.